

Colonial Butter

Get your kids involved in cooking their own historic snacks!

Ingredients

- ☐ Container of heavy whipping cream
- ☐ Glass jar with a lid
- ☐ Pinch of salt



Instructions

1. Pour heavy whipping cream into a glass jar, about half full (have cream at room temperature as it will work faster). Tighten the lid on the jar. Shake the jar back and forth. Keep shaking! Take turns with someone else if you get tired.
2. After lots of shaking, chunks will start to form. Keep shaking until the liquid starts to separate from the chunks. Pour off the liquid. Rinse the chunks of butter under water.
3. Add the butter back into the jar and stir in a pinch of salt. Your fresh butter will taste great on your johnnycakes. Refrigerate what you don't eat right away.

Background

We can easily buy butter in the grocery store today. It wasn't that easy for the colonists. Since the first cows were brought to America in 1623, they did not have butter before that. Once cows arrived, the colonists had to milk the cows and turn the milk into butter in a butter churn. A butter churn had a long handle with paddles on one end that was pushed up and down in a wooden container. After a lot of pushing the paddles up and down in the churner, the milk would begin to separate into a liquid and chunks. The chunks were the butter. The liquid was the whey. The liquid could be poured off, leaving the butter behind.



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